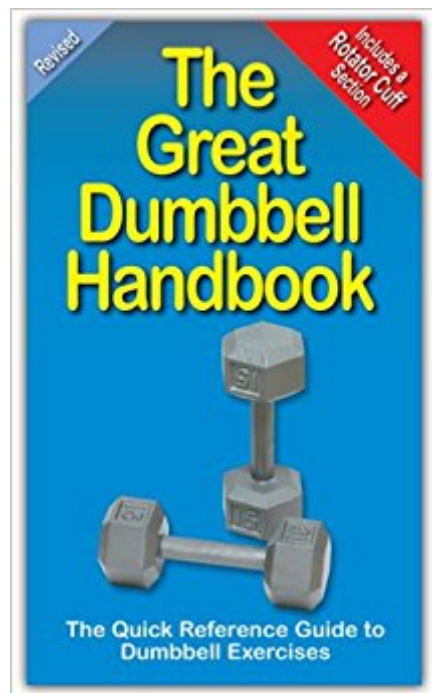




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# The Great Dumbbell Handbook: The Quick Reference Guide To Dumbbell Exercises



## Synopsis

This comprehensive little book covers a series of dumbbell exercises to work out the upper-body, lower-body, and abdominals. Each exercise has a start and finish photo, with easy to follow step-by-step instructions. The Great Dumbbell Handbook also shows you how to set-up your own dumbbell exercise routine, as well as pointers on stretching, staying motivated, and safety. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

If you are not in the mood to do a DVD workout then the "Great Handbooks" are a good option. In "The Great Dumbbell Handbook" the exercises focus on the shoulders, rotator cuff, chest, back, biceps, triceps, forearms, legs and core (stomach). Most of the exercises can be done by using a chair but there are a few that require a "flat to incline bench." I started out using 5 lb weights and did 8 reps. You can build up to two sets of 15 reps and use whatever weight feels comfortable to you. Some of the exercise you might recognize include: Upright Row, Shoulder Press, Bench Press, Flyes, Standing Bicep Curl, Lunge. You can't really do the reverse leg lift without a "flat to incline bench" but it looked like it wouldn't be good for the lower back anyway. Some of the exercises have an advanced section as well as the beginner exercise. For example the "standing bent-over flyes" shows the exercise done while you keep your back at a 30-degree angle. The alternative is to do the exercise with your back at a 45-90 degree angle. It is a small change to make if you want to try the advanced version. This full-color book has pictures of each exercise along with step-by-step instructions. As with the Medicine Ball Workout and the Stretch Tubing Workout, the easiest way to use this book (so it stays open) is to cut it in half. Then, simply punch holes in the corner of each

page and put it on a metal ring. This will allow all the pages to lay flat when you are exercising.~The  
Rebecca Review

There are only 64 pages. But the pages are full of great information. In fact, I've read much larger books with far less valuable information. To begin with, the book uses vivid, well-chosen color and all of the photos are color photos. It starts with a large graphic in color of the human body --- showing all of the muscles and muscle groups. It takes up two pages, one for the front of the body and one for the back. Then it shows you what you'll need or might need in your dumbbell lifting. For many, this is basic. But it's great to have it nonetheless. Then it shows you how to set up a program. This is one of the hardest part of weightlifting. This book makes it easy and fun. What's more, it goes more in depth than many other books I've read. The author then takes you into stretching. Lots of wonderful stretches are described in detail and you see pictures of them being done. It tells you exactly how to do each stretch and gives you cautions when necessary. Finally you get into the dumbbell exercises. They're divided up by muscle groups. This makes it quick and easy when you're in the weight room. It shows you the correct way to do the lift and gives you any cautions that might be necessary. The one and only thing I didn't find that I would like to have found in the book was that there are no modifications to any exercises shown or discussed. You may not need them but some people do. So you may want to invest in a book that shows modifications. Warnings are in red. So when you see them, read them! There are not many. But when you see one, you need to use caution. Each exercise is shown in the beginning, middle and finish stage. It's fully described and instructed. Moreover, up in the upper right corner in a yellow box you'll find the muscles worked! There is a complete exercise on each page. This little book is just wonderful. I love it and I've been lifting most all of my life --- and that's a few years. If you buy no other book on lifting weights (specifically dumbbells), buy this one. Keep it handy at all times. It's easy to use and it's about the best written and best illustrated book you can get. The book I have is dated October 2007. I recommend it highly and without reservation.- Susanna K. Hutcheson

Nice book about the basics. The pictures and instructions on how to perform the exercises are great. Nice book for beginners. It would have been nice to show an exercise routine of about a dozen or two dozen exercises that would have given a full body workout.

This book helped me out quite a bit when it came to exercises and how to do them. This book coupled with "Strength Training Anatomy" is a must. The two in tandem give an extremely complete

guide to building up the arms, upper, and even lower body. This book is for beginners or people who want to get back into lifting but have forgotten a lot of techniques. I cannot say enough how valuable this book is but I can offer some proof. This book is so good that my girlfriend's father, who lifts constantly, calls me up to ask for recommended techniques. It is so good, even, that I am having to purchase it a second time because one of my so-called friends has stolen my first copy from me. Trust me, if you are looking to get into or back into lifting, then don't pass this book up.

Appeared to be a bigger more detailed book. It does have all pictures but not exactly what I thought

This booklet is fantastic. No wasted verbiage...just plain information, photos, descriptions, explanations. Everything a beginner needs to know including stretches. Easy to understand. It could be called the Great Dumbbell Bible...I think it has it all.

Easy to read. Easy to try. Gives you pointers on what to do and not to do. It gives you a nice balance of different exercises to slowly start you out with dumbbells. great safety tips - how to breathe with each exercise. I have found this book very helpful.

Great little book!

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